Helpful sleep habits

This checklist summarises some of the key ideas that will help your child to develop a good sleeping pattern

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| During the day  | * Take some exercise and get outside in the fresh air
* Avoid caffeinated drinks for at least 4 hours before bed
* Don’t nap or sleep during the day
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| The hour before bed | * Avoid stimulating, exciting or scary activities
* Turn off phones, laptops and other digital devices
* Try building into your routine a quiet, calming activity
* Unwind with a warm bath, hot shower or warm milky drink

 * Try some relaxation exercises
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| Going to bed | * A set bedtime will help to reset your body clock
* Go to bed when you feel tired and ready to sleep so that you fall asleep quickly
* Make sure the bedroom is dark, quiet and cool
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| In bed | * To make a strong connection between bed and sleep only use your bed for sleeping
* If you are still awake after 15 minutes get out of bed and engage in a quiet activity
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| In the morning | * Get up at the agreed time, even if you haven’t slept well
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